



# HARMONY

The Official Newsletter of ATMA Foundation

*...Happy Living with Healthy Relationships...*

**ATMA receives ISO Certification!**

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## FOUNDER'S MESSAGE

Salutations!

“If you can dream it, you can do it.”

This is exactly what we nurtured at ATMA and it became a reality.



It was double celebration time at ATMA, the reasons being not just festivals like Vishu, Easter or Eid but a major accomplishment achieved by ATMA.

We are finally ISO certified! This was indeed a memorable event celebrated on the auspicious day of Vishu.

Another highlight of April was the “Grihapravesham” of Gurukulam children. They shifted back to their sweet home at Puranattukara, after many months of maintenance work.

As part of the programmes of ATMA DAFEC, computer classes have commenced at the new computer lab at the ATMA office premises. Summer Art Camp by ATMA Kalakshetram will be held in May.

My sincere gratitude to all the volunteers who are putting in their time and effort to make all this possible. Together, WE CAN!

Love,

C K Suresh



# ISO CERTIFICATION

We, at ATMA, are so elated to be an ISO certified organisation. This joyous occasion was celebrated on Vishu with a special family get together. It was held at ATMA Foundation Office Paliyam Road, Thrissur on 15 th April, Saturday, at 5 pm.

**Sri T. S Anantharaman**, Chairman, Leo Pharma & Ex - Chairman, CSB, blessed us with his presence and handed over the ISO certificate to ATMA.



## Vishu Celebration

Vishu was celebrated at the Gurukulam by our students and volunteers cheerfully. The kids received their *vishukaineetam* from the volunteers and they enjoyed a sumptuous kerala meal for lunch.

## Gurukulam Grihapravesham

After months of restoration work, our girls finally shifted back into ATMA Gurukulam , Puranattukara on 23rd April , Sunday, between 4 to 6 pm.

Our girls were so excited to move into their beloved home which they had missed for months now. The day started with a prayer session early in the morning. ATMA staff and volunteers joined the girls on this memorable day. We are indebted to each and every one of our patrons for their continued support and blessings for having made this feat possible





From 23rd–25th April 2023, a sports festival was held in connection with Azadi Ka Amrit Mahotsav under the supervision of the District Child Protection Officer and with funding from the Ministry of Women and Child Development.

On these days, a 2-kilometer marathon after an hour of yoga and meditation in the morning was held at ATMA Gurukulam. The children were engaged in Indoor activities like chess, monopoly, and Ludo. All the kids took part in the activities, and prizes were distributed.

## Sankarotsavam 2023

ATMA Foundation live-streamed on our youtube channel, the Sankarotsavam Seminar organised by Kerala Kshetra Samrakshana Samithi on April 21st 2023, on the occasion of Sree Sankaracharya Jayanthi. Our sincere thanks to the students and faculty of the Dept of Multimedia, St Mary's College, Thrissur, for their volunteering support.

## ATMA DAFEC

Summer is here and so are summer camps. ATMA DAFEC organised free computer classes this month. A total of 30 hours of computer coaching is imparted to the kids where they are being taught basics like MS Word, MS Excel, MS Powerpoint and internet. Many children have enrolled in the class and are eager to obtain computer knowledge.

In the month of April, ATMA DAFEC conducted classes in various panchayats in Puzhakkal, Thrissur.

A total of 13 classes were held this month in Ponnore, Edakalathoor, Mulankunnathukavu, Kallara, Udalakkavu, Gramala, Vazhani and Puthoor Panchayats. 167 people benefited from these classes.

The highlight this month was that ATMA DAFEC conducted classes at Vazhani Malayan Tribal colony. This was our pioneer session at Vazhani and proved to be very beneficial for them.



## ATMA UYARE

Spoken English and General Hindi vacation classes commenced for our children in the month of April. Our children were actively engaged in these classes.

### ATMA Railway Child Help Desk (RCHD)

In the month of April, a total of 7 cases were reported under the RCHD. 3 missing children were found, 2 children were rescued from unsafe immigration and also 2 children were given shelter. Our monthly meeting was held on 27th April 2023.

### ATMA Service Providing Centre

2 cases were reported in the SPC this month. 2 classes on Domestic Violence Act were conducted at Anganwadi centres at Avinissery by Adv Gayathri TD. Classes on gender equality, domestic violence, suicide prevention and POCSO act were taken for Student Police Cadets at M R Raman Memorial HS School, Chavakkadu. The classes were taken by Adv Gayathri T.D., Smt Masleeha Majeed and student interns from SDM Law College, Bengaluru.



# ATMA KALAKSHETRAM

A summer art camp is being organised in May, with classes in Dance, Music, Drawing & Craft - at three locations - Thrissur, Kolazhi & Palakkal. The classes will continue regularly after the camp. People of all age groups can join these classes.



ATMA Kalakshetram  
presents

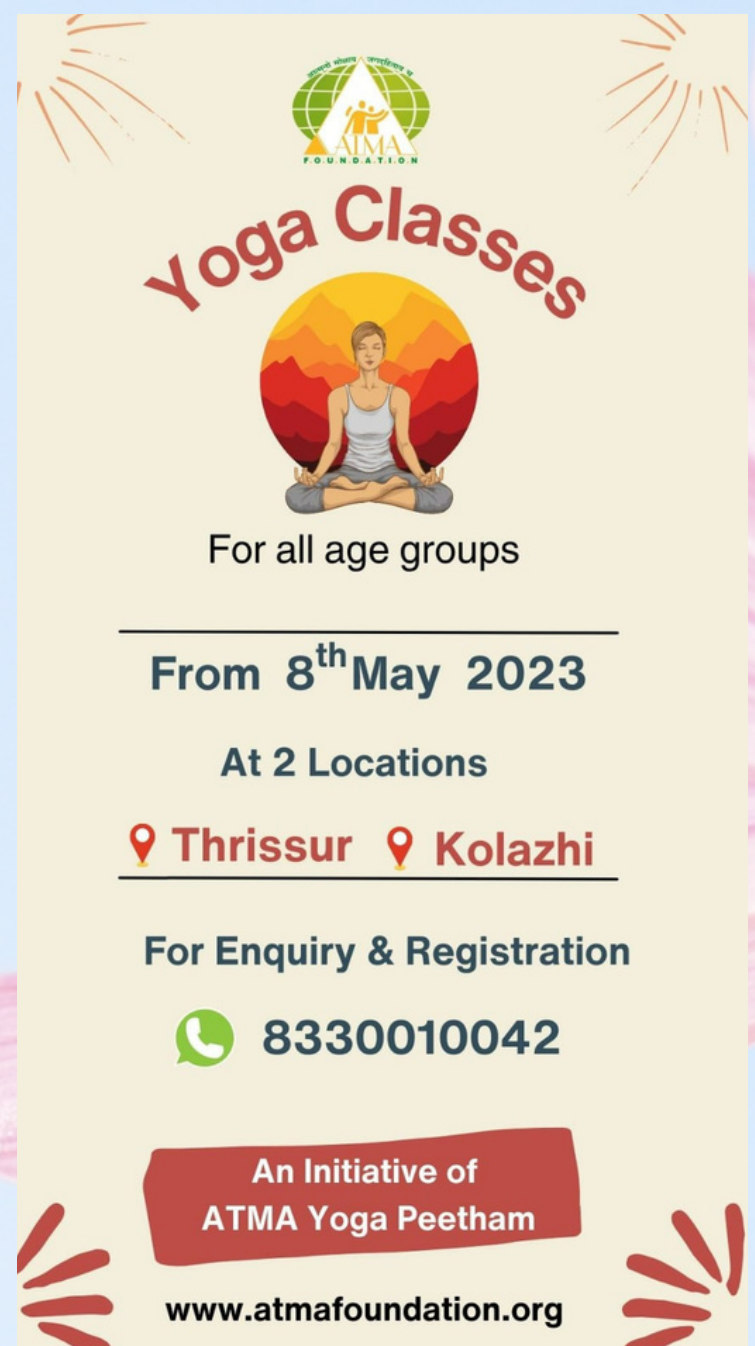
**SUMMER  
ART CAMP**

8<sup>th</sup> - 26<sup>th</sup> MAY 2023  
9 AM TO 12.30 PM  
AT 3 LOCATIONS 📍

Thrissur   Kolazhi   Palakkal

**DANCE**  
**MUSIC**  
**DRAWING**  
**CRAFT**

◆ Limited Seats! Register Now! ◆  
For Details & Registration  
📞 8330010042  
www.atmafoundation.org



**Yoga Classes**

For all age groups

From 8<sup>th</sup> May 2023  
At 2 Locations  
📍 Thrissur 📍 Kolazhi

For Enquiry & Registration  
📞 8330010042

An Initiative of  
ATMA Yoga Peetham  
www.atmafoundation.org

# ATMA Yoga Peetham

Regular Yoga classes will commence in May, at Kolazhi and Thrissur, for people of all age groups.



# ATMA Foundation Raising Day

ATMA Foundation cordially invites you for our  
18th Raising Day Celebrations on 14th May 2023..  
Do join us!



*ATMA Family cordially invites you for the*

## ATMA FOUNDATION 18<sup>TH</sup> RAISING DAY Celebrations

On 14th May 2023 (Sunday) 4 to 7 pm  
@ Sarva Dharma Maitri Prathishtaan  
Bharatiya Vidya Bhavan Hall  
Near Vadakke Chira, Thrissur

### CULTURAL PROGRAMMES

PRESENTATIONS & DISCUSSIONS ❖ HIGH TEA

*Lighting the Lamp:*

**Dr. Kiran Anand Namboothiri**

*Former Melsanthi of Guruvayur Temple,  
Ayurveda Physician, Vlogger, Musician & Music Therapist*

*We seek your esteemed presence with family  
throughout the function.*

*Sincerely,  
C K Suresh & Team ATMA*


[www.atmafoundation.org](http://www.atmafoundation.org)



**Support Us.**

**Volunteer.**

**Donate.**

Scan this QR code  to make your contribution



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or click this link to go to our donations page

<https://www.atmafoundation.org/donate.html>



**ATMA Foundation**

Surya Gardens, Paliyam Rd, Thrissur, Kerala - 680001

 [info@atmafoundation.org](mailto:info@atmafoundation.org)

 [www.atmafoundation.org](http://www.atmafoundation.org)

**Connect with us**

